

# **CARR WRESTLING ACADEMY SPRING SPECIALITY CLINICS**

## **BUILT TO TILT APRIL 11, 2015 \$40**

This clinic will focus on how a wrestler can dominate while on top. These two sessions will include breaking your opponent down and turning your opponent.

## **FROM THE BOTTOM TO THE TOP MAY 30, 2015 \$40**

This clinic will focus on how a wrestler can escape, score escapes, reversals and how to defend the legs. Both of these clinics will focus on various areas of wrestling that combined together will give a wrestler a winning edge. Both of these clinics will also include live wrestling and intensive drilling.

### **SCHEDULE**

Session 1	10:00 a.m. –12:00 p.m.
Lunch	12:00 p.m.-1:00 p.m.
Session 2	1:00-3:00 p.m.
Open Mat	3:00-4:00 p.m. (optional)

**TO REGISTER GO TO [CARRWRESTLINGACADEMY.NET](http://CARRWRESTLINGACADEMY.NET) AND CLICK ON CAMPS.**